

Now you can
learn CPR in just
22 minutes!



www.cpranytime.org

1-877-AHA-4CPR

Help your community learn
the skill that can save
lives of their loved ones.

Start a community CPR
program with CPR Anytime.

Family & Friends.
CPR AnytimeSM

PERSONAL LEARNING PROGRAM

Family & Friends[™] CPR Anytime[™]

Did you know that almost 80 percent of cardiac arrests occur at home and are witnessed by a family member?

Less than 5 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest are people who do not know how to perform CPR.

Fast, efficient CPR can double or triple a victim's chance of survival. That's why the American Heart Association, in collaboration with Laerdal, has developed the Family & Friends CPR Anytime program. Now, CPR skills can be learned in just 22 minutes.



WHAT IS FAMILY & FRIENDS CPR ANYTIME?

Family & Friends CPR Anytime is a personal CPR training program that can be used by an individual in the home and/or easily offered in a group setting.

Here are some examples of where the program can be implemented:

WORKPLACE PROGRAMS

Family & Friends CPR Anytime can be offered as a workplace wellness or lunch-and-learn program for employees who want to learn CPR.

SCHOOL PROGRAMS

Family & Friends CPR Anytime can be easily offered as part of a health or PE class, or in an after-school program.

PARENT/TEACHER PROGRAMS

Family & Friends CPR Anytime is a great activity for a PTA or PTO meeting.

YOUTH GROUP PROGRAMS

Youth groups can implement Family & Friends CPR Anytime programs as part of a community-based activity.

COMMUNITY-BASED PROGRAMS

Faith-based organizations, civic organizations and other community groups can offer Family & Friends CPR Anytime to their membership base.

FAMILY & FRIENDS CPR ANYTIME KITS

Family & Friends CPR Anytime kits contain a personal CPR manikin, a CPR Skills Practice DVD, a resource booklet, and other accessories. The kit can be used to learn CPR skills for the first time and to refresh CPR skills often.

One of the most important features of the Family & Friends CPR Anytime program is that family and friends can take their kits home to share with their loved ones. By passing the kit on to family members, one Family & Friends CPR Anytime kit can be used to train a large network of family and friends.

To learn more about organizing a Family & Friends CPR Anytime program in your community, workplace or school, please contact the American Heart Association at 1-877-AHA-4CPR, or visit them online at www.cpranytime.org.

